



Living Healthy,
Working Well

Wellness Tips

Post-Trauma Do's And Don'ts

As the holidays approach, we must be mindful of those around us. The events of September 11 may cause the holiday time to be particularly difficult for those affected by the terrorist attacks as well as those who have loved ones deployed in the military. It is good to be aware of the people around you. People who have experienced a traumatic event often demonstrate changes in behavior. These suggestions reduce the probability of long-term stress reactions.

Do's

- get enough rest
- maintain a good diet and exercise program
- find time and talk to supportive peers and family about the incident
- take time for leisure activities
- follow a familiar routine
- spend time with family and friends
- attend meetings regarding this traumatic event
- create a serene scene to escape to either visually or literally
- take one thing at a time
- expect the experience to bother you
- seek professional help if your symptoms persist
- seek medical assistance if your physical symptoms concern you

Don'ts

- drink alcohol excessively
- use drugs or alcohol to numb consequences
- withdraw from significant others
- reduce leisure activities
- stay away from work
- increase caffeine intake
- have unrealistic expectations for recovery
- look for easy answers
- take on new major projects
- pretend everything is ok
- make major changes if you don't need to

This information is not intended to serve as medical advice. If you experience physical symptoms which cause you concern, please consult your physician.

Call Your EAP

If you or someone you care about needs help, you may wish to contact your Employee Assistance Program (EAP). EAP counselors are available 24 hours a day, every day of the week, to provide confidential assistance at no cost to you. Information, self-help tools, and other resources are also available online at www.MagellanAssist.com.

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